

# SERVING UP SISTERHOOD

Celebrating Global Flavours and Stories from Sisters Around the World  
This World Refugee Week



**WOMEN FOR WOMEN**  
INTERNATIONAL



# FROM OUR SISTERS TO **YOUR KITCHEN...**

Welcome to "Serving Up Sisterhood," a recipe toolkit that is celebration of the flavours of home and the rich stories behind them. This unique recipe e-book brings together heartfelt tales and cherished recipes from refugees, internally displaced people (IDPs) and the women we serve.

Through the preparation of dishes that evoke memories of their homes, we offer a blend of culinary exploration and storytelling that fosters empathy, understanding and connection.

In a world often divided, our "Serving Up Sisterhood" campaign aims to serve as a beacon of hope and solidarity. By amplifying women's voices and showcasing their cultural contributions, we aim to break down barriers and build bridges between communities. We encourage you to try out these recipes, take photos and tag us on social media (@womenforwomenuk).

**Join us on this journey of flavours and stories, and discover how food can bring us all together.**

# FROM OUR SISTERS TO YOU

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# TANDOORI COOKIE

 Afghanistan

A sweet and delicious local food

“This food reminds us of the good past memories before the war and being displaced from our villages. My mother would join together with the women of our neighbours and with a passion and love in an atmosphere full of intimacy and they were happily preparing this food and we were all clapping and enjoying this delicious food together eating with green tea.

- Programme Participant, Afghanistan



# TANDOORI COOKIE

Tandoori cookies are a sweet and delicious local food, prepared for cultural occasions and celebrations. Most importantly, these cookies are baked alongside loved ones, family members and neighbours.



## Ingredients:

- 3 eggs
- 8 tbsp oil
- 250g sugar
- 1 tsp cardamom powder
- 2 tsp instant yeast
- salt
- 625g flour
- 170ml milk
- 1 tbsp baking powder
- A handful of sesame seeds
- A handful of black seeds

## Directions:

1. Combine the milk, eggs, oil, instant yeast, sugar, cardamom powder, baking powder, a little bit of salt and flour together.
2. Mix very well until a proper dough is formed. Let rest for one hour.
3. Shape dough in the form of balls and design with a knife.
4. Flatten the designed balls to look like cookies.
5. Place sesame seeds and black seeds are put on the top of the cookies.
6. Then place cookies into the Tandoor, which is a large vase-shaped oven, usually made of clay.



# ASHAK

 Afghanistan

A traditional Afghan Dumplings Dish

“Ashak is one of the well-known traditional dishes of Afghanistan. Whenever it is prepared, there is a special joy as family and friends come together to cook this delicious dish.

- Programme Participant, Afghanistan



# ASHAK

Ashak is a beloved Afghan dumpling dish, often served during special occasions and family gatherings, reflecting the rich culinary traditions of Afghanistan.



## Ingredients:

- 2 cups all-purpose flour
- 1/2 cup water
- 1/2 tsp salt
- 2 cups finely chopped leeks
- 1 cup ground beef or lamb
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 cup plain yogurt
- 2 tbsp dried mint
- Salt and pepper to taste
- Olive oil

## Directions:

1. Combine flour, water and salt. Knead until smooth. Cover and let rest for 30 minutes.
2. Sauté the leeks in olive oil until tender. Season with salt and pepper.
3. Cook the ground meat with onions, garlic, coriander and cumin. Season with salt and pepper.
4. Roll out dough until it is thin and cut into circles. Place a teaspoon of leek filling on each circle, fold and seal.
5. Boil dumplings in salted water until they float.
6. Top with yogurt mixed with dried mint and meat sauce.



# TANOOR BREAD

 Iraq

A traditional Syrian and Iraqi recipe

“I feel happy when making Tanoor bread because anytime I want bread, I can make it even if there is no electricity since it is made on a stove. Even when we were living in the refugee tents I was able to make a piece of bread and feed my children even though there was no food to provide, we were only relying on this Tanoor bread.

- Programme Participant, Iraq





# TANOOR BREAD

The secret to good Tanoor Bread is mastering the dough. Learning to bake this bread helps women in our programme enjoy the authentic taste of home and save money by not relying on commercial bread from the market.

## Ingredients:

- 4 cups all-purpose flour
- 1 ½ tsp salt
- 2 tsp sugar
- 2 tsp active dry yeast
- 1 ½ cups warm water (110°F/45°C)
- 2 tbsp olive oil

## Directions:

1. Mix warm water, sugar and yeast. Let it sit until frothy.
2. Combine flour and salt. Add yeast mixture and olive oil. Knead until smooth.
3. Let dough rise until doubled, about 1-2 hours.
4. Divide dough into balls, roll into flat rounds.
5. Bake at highest oven temperature (500°F/260°C) for 4-5 minutes, or until golden.



# AUTHENTIC HUMMUS

 Palestine

A wonderful creamy vegan dip

“My family’s easy authentic hummus recipe comes together in just 10 minutes! It is one of the first recipes I ever learned in the kitchen with my mum.

-Heifa Odeh, Award-Winning Food Blogger



# AUTHENTIC HUMMUS

Palestinians traditionally do not add garlic to their hummus, which is common in Lebanese recipes. I've had both variations, and both are great! However, I opt out of putting garlic in my hummus to keep it true to my roots. Rather, we often top off hummus with a tatbeeleh (sauce) made with jalapenos, olive oil, garlic and lemon juice.

## Directions:

1. Drain chickpeas, reserving the liquid. Blend chickpeas (and optional garlic) until smooth.
2. Add salt, cumin, tahini, olive oil, lemon juice and reserved liquid. Blend for 30 seconds, scraping sides as needed.
3. To make it more smooth, blend in an ice cube for 20 more seconds.
4. Garnish with parsley, olive oil, sumac, and jalapeno sauce.
5. To make the jalapeno garlic sauce, add the ingredients to a mini food processor and let it puree for a few seconds until fine and sauce-like.

## Ingredients:

- 1 can chickpeas
- 3 tbsp tahini paste
- 1/2 large fresh lemon juice
- 1 tbsp olive oil
- 3/4 tsp salt
- 1/4 tsp cumin
- 1/4 cup reserved chickpea liquid, from the can
- 1 ice cube

### For the Jalapeno Garlic Sauce Topping (Tatbeeleh or Da'at Filfil):

- 1/2 Jalapeno, roughly chopped
- 1 Small lemon's juice
- 2 tbsp olive oil
- 3 garlic cloves
- Dash of Salt



# SWEETCORN FRITTERS WITH PINEAPPLE SALSA

 Democratic Republic of the Congo

A Sweet and Savory Dish

“Women for Women International taught me how to manage the stress in my life and I learned how to bake. Now I am in a food cooperative with 20 women and I am the vice president. We bake and sell our goods for profit.

-Christine, Programme Participant, DRC

# SWEETCORN FRITTERS WITH PINEAPPLE SALSA

The Congolese used to be able to count on one substantial meal a day, but this is no longer the case. The lack of food is largely blamed on government neglect, as that less than 10% of the land in the DRC is cultivated, and most of that is subsistence farming.

Source: USAID



## Directions:

1. In a bowl, mix the flour, baking powder and paprika with salt and pepper to taste.
2. Beat together the eggs and milk, then add gradually to the dry ingredients to form a smooth batter. Stir in the sweetcorn, spring onions or shallots, chopped herbs and chillies.
3. In a frying pan, heat a little vegetable oil. Add spoonfuls of batter into the pan in batches. Fry for 2-3 minutes per side.
4. Mix the ingredients for the salsa and serve with the cooked corn fritters, a spinach salad and a spoonful of sour cream.

## Ingredients:

- 125g plain flour
- 1 teaspoon baking powder
- Pinch of paprika
- 120ml milk
- 200g canned sweetcorn kernels
- 50g spring onions or shallots, sliced
- 25g parsley, coriander or basil, chopped
- 1-2 hot red chillies, minced
- Vegetable oil, for frying
- Salt and black pepper

### For the Pineapple salsa:

- 100g fresh pineapple, finely chopped
- 1 large red chilli, deseeded and finely chopped
- 1 tsp soft brown sugar
- 1 tsp soy sauce
- 1/2g coriander
- Juice of 1 lime, or to taste



# BEANS WITH CASSAVA

 Rwanda

A classic Rwandan vegetarian dish

“I took cooking classes as part of my training. I worked hard to learn every skill I was taught and now I work in a restaurant in Kigali. We are still rebuilding our lives since the Genocide in Rwanda. It’s not easy to forgive, but when we cook and eat together it helps us to heal.

-Janvierer, Programme Graduate, Rwanda.

# BEANS WITH CASSAVA

Cassava, one of the most drought-tolerant crops is a major staple food in many countries affected by the climate crisis. This includes Rwanda which continues to experience increasingly intense extreme weather events such as floods and droughts.



## Ingredients:

- 200g dried pinto, borlotti or haricot beans
- 300g cassava, cut into chunks
- 2 tbsp of vegetable oil
- 1 onion, sliced
- 4 celery sticks, chopped
- Salt
- Freshly ground black pepper

## Directions:

1. Soak the beans in plenty of water overnight.
2. The following day, rinse the beans and place in a large pot half-full of water. Bring to the boil and simmer for about 2 hours, or until the beans are almost tender.
3. Add the cassava and boil for about 10 minutes, or until it is almost cooked.
4. Meanwhile, heat the oil in a frying pan and cook the onion until almost tender. Stir in the celery and continue frying for 5-10 minutes or until softened. Drain the beans and cassava, add them to the frying pan and lightly mash the ingredients together. Season well and mix thoroughly. Serve with green vegetables or salad.



# SALATA ASWAD DE ZABADI

 South Sudan

A tasty and fresh salad

“Feeding myself and my children was not easy once I became an internally displaced person, with limited access to land for agribusiness. Now I can pay my children’s school fees and I have a plan to open a tea place to support my business!

-Nema, Programme Graduate in South Sudan





# SALATA ASWAD DE ZABADI

A traditional South Sudanese eggplant salad with yogurt, is a cherished dish that reflects the country's rich agricultural heritage and culinary traditions, often enjoyed during family gatherings and festive occasions, symbolising community and togetherness.



## Ingredients:

- 8 tbsp of vegetable oil
- 4 large eggplants
- 1 tbsp tomato purée
- 150ml yogurt
- 2 tbsp of peanut butter
- Juice of 2 lemons
- 2 green peppers, deseeded and roughly chopped
- 2 large tomatoes, roughly chopped
- 2 garlic cloves, peeled and finely chopped
- Salt
- Freshly ground black pepper
- Flatbread, to serve

## Directions:

1. Heat 2 tablespoons of the vegetable oil in a large frying pan and fry the aubergines in batches for about 10 minutes or until soft, adding more oil as needed. Set aside to cool.
2. In a large bowl, mix together the tomato puree, yoghurt and peanut butter. Season generously with salt and black pepper. Stir in the lemon juice and add the green peppers, tomatoes and garlic.
3. Mix in the cooled aubergine and serve with flatbread.



# DAMBU

📍 Nigeria

## A Savoury Nigerian Delight

“Hello! My name is Maimuna Usman Altı Yau from Nigeria. Today, I'm excited to share with you the recipe for our traditional Hausa dish, Dambu.

# DAMBU

A cherished culinary tradition in Nigerian culture, often enjoyed during festivals, family gatherings, and as a staple in everyday meals.

## Ingredients:

- 1 tbsp fried groundnuts paste powder
- 2 tbsp groundnut oil
- 1 pepper, grounded
- 1 onion, grounded
- Salt
- Pepper
- 1/2 onion, sliced
- 1 moringa leaf
- 1 cup maize grits

## Directions:

1. First, mix the maize grits with water in a bowl. Then pour the mixture into a pot on the stove and cover.
2. Add water to the pot and let it steam for a few minutes. This will cook the maize grits to perfection.
3. Next, add the ground pepper and onion, moringa and seasoning to the pot and mix well. Add the sliced onion and mix again. Add water to the pot, cover and steam,
4. Remove the pot from the stove and transfer the DamBU to a bowl. Finally, add fried groundnut paste powder and cooking oil, mixing well.

# BAKLAVA

 Bosnia and Herzegovina

Layers of crispy pastry with a walnut filling

“That is the enormous strength that women have, especially in difficult situations. There are not enough supplies during the war. What to eat? What to cook? But my mother would prepare household magic for us.

Amela, Programme Graduate, Bosnia and Herzegovina





# BAKLAVA

Baklava holds a special place in Bosnian culture, symbolising tradition, celebration and community. This rich and sweet pastry, made of layers of phyllo dough, nuts, and honey, is a staple of Bosnian cuisine, often served during festive occasions and family gatherings.



## Ingredients:

- 1 package filo dough
- 2 cups chopped nuts
- 1 cup butter, melted
- 1 tsp cinnamon
- 1 cup honey
- 1 cup sugar
- 1 tsp vanilla extract
- 1 cup water

## Directions:

1. Layer filo dough in a pan, brushing each sheet with melted butter.
2. Sprinkle layers with chopped nuts and cinnamon.
3. Repeat until all filo and nuts are used.
4. Bake at 350°F/175°C for 30-35 minutes.
5. Boil honey, sugar, vanilla, and water. Pour over hot baklava.
6. Cool before serving.



# SARMA

 Kosovo

A staple in any Kosovo home

“I learned so much in the cooking course and began to take part in different fairs and markets, selling what I was learning to make. There are so many vendors in the markets, but I have my own customers who come to the market for what I make and want to buy only from me. I have started my own small company and have hired other women to work with me and we work together to sell our food.

-Sylbije Programme Participant, Kosovo



# SARMA

Kosovan food is simple and hearty, mainly featuring meat with potatoes or rice. Due to the harsh climate, vegetables like cucumbers, tomatoes, cabbages and peppers are seasonal and often canned. Beef, lamb and chicken are common staples.



## Ingredients:

- 1 tbsp vegetable oil
- 1 onion, chopped
- 14 large pickled cabbage or vine leaves
- 1/2 cup boiled rice
- 2 cups minced veal or beef
- Paprika, to taste
- Freshly ground black pepper

## Directions:

1. Heat the vegetable oil and fry the onion until softened. Remove from the heat and add the rice, meat and seasoning. Stir everything well until thoroughly combined.
2. Place a spoonful of the mixture into the centre of each leaf, then wrap the edges of each leaf around to cover the mixture. Place in a pan, cover the surface with smaller leaves and pour in just enough water to cover. Bring to a gentle simmer and cook on a low heat for about 1 hour. (If you prefer, you can arrange the leaves in a roasting tin, bring to the boil on the hob and then cook in a preheated oven at 350°F for 30 minutes).

# CHIKPEA FATTEH

 Syria

## Fattet Hummos a la Syrian style

“It smells like my family when I was a small child, and I wake up to the smell of strong garlic and sharp lemon zest, all together, like in a warm dish. And it feels like all the days back when we were together at one table.

Zeina, our Syrian partner from Women Now for Development







# CHIKPEA FATTEH

This beloved Syrian dish is perfect for any time of the week, but it's especially enjoyed on weekends. It features layers of toasted pita bread, tender chickpeas, and a delightful tangy tahini sauce. The crowning touch is the sizzling hot ghee poured over the top, soaking through and enhancing all the layers beneath.

## Ingredients:

### Chickpeas

- 600g chickpeas ready cooked
- 4 garlic cloves whole
- 1 tsp cumin ground
- 1 bay leaf
- 1 litre water
- ½ tsp salt

### Crispy Bread

- 200g pita bread (or 3 large pitas) torn or cut into 2cm pieces
- 2-3 tbsp olive oil
- ½ tsp cumin ground
- ¼ tsp salt

### Fatteh

- 200g Greek yogurt full fat
- 150g tahini
- 60ml lemon juice
- 1 garlic clove crushed
- ¾ tsp salt

### The Sizzle

- ¼ cup ghee
- pine nuts

### Garnishes

- 1 small bunch of parsley
- 1 tsp paprika
- Handful of pomegranate seeds (optional)

# CHIKPEA FATTEH



## Directions:

### Chickpea and Pitta preparation

1. Prepare chickpeas by combining all the chickpea ingredients in a large saucepan and heat over medium heat to infuse and warm them. Simmer until soft then keep them on low heat while you finish prepping.
2. Preheat the oven to 200°C / 400°F.
3. Cut the pita bread into small diamonds or squares. For a more authentic look, you can tear them by hand, or use scissors for a cleaner cut.
4. Toss the pita pieces in a bowl with olive oil, cumin and salt, mixing well.
5. Spread them on a parchment-lined baking sheet and bake for 10-15 minutes, keeping an eye on them until they are nicely toasted.
6. Place  $\frac{2}{3}$  of the toasted pita into your serving dish and reserve the rest for topping.

### Make the Sauce

1. Measure out about 200g of hot, cooked chickpeas and place them in a food processor.
2. Add 100ml of the hot chickpea cooking water. If it has cooled, reheat it in the microwave.
3. Add all the sauce ingredients: yogurt, tahini, lemon juice, garlic and salt.
4. Process until the mixture is smooth and creamy. Try to keep the sauce warm until assembly, ideally using a metal pot over a saucepan.

### Assemble the Fatteh Hummus

1. Prepare a large, deep serving dish (or a few small ones for individual portions).
2. Cover the bottom with crispy pita bread, reserving some for garnish.
3. Drain the remaining chickpeas and arrange them on top of the pita layer.
4. Pour the prepared sauce over the chickpeas as the third layer.
5. Top with the remaining crunchy pita bread.
6. Heat the ghee with the pine nuts until lightly browned.
7. Pour the hot ghee and pine nuts over the assembled dish.

### Garnish

1. Garnish with chopped parsley and paprika. You can also sprinkle pomegranate seeds.



# MAAROUK

 Syria

A traditional Syrian recipe



We feel happy during Maarouk classes, especially since it is group work and we make it with love so that we can apply it and offer it to our children at home.

-Kawthar Mohamad, Programme Participant, Iraq



# MAAROUK

Maarouk is a traditional Syrian recipe that is specially made during the holy month of Ramadan. Women in our programmes enjoy cooking Maarouk together because they say their children love this traditional recipe.



## Ingredients:

- 4 cups flour
- 1 cup sugar
- 1 tsp salt
- 1 tbsp yeast
- 1 cup warm milk
- 1/2 cup oil
- 2 eggs
- Sesame seeds

## Directions:

1. Mix the warm milk and yeast. Let sit until frothy.
2. Combine all ingredients to form dough.
3. Let dough rise until doubled, approximately 1-2 hours.
4. Shape into ovals and let rise 30 minutes.
5. Brush with milk or egg, sprinkle with sesame seeds.
6. Bake at 375°F/190°C for 15-20 minutes.

# SERVING UP SISTERHOOD

Celebrating Global Flavours and Stories from Sisters Around the World



The recipes in this book have been collected by Women for Women International, from sisters in our programme and partners. By reading their stories, making their recipes and sharing this book with your friends and family, you can support women displaced by war.

Thank you for Serving Up Sisterhood.

Follow @womenforwomenuk on social media to share your meal and make sure to tag us!

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